



50 Bloomfield Avenue, Hartford, CT 06105

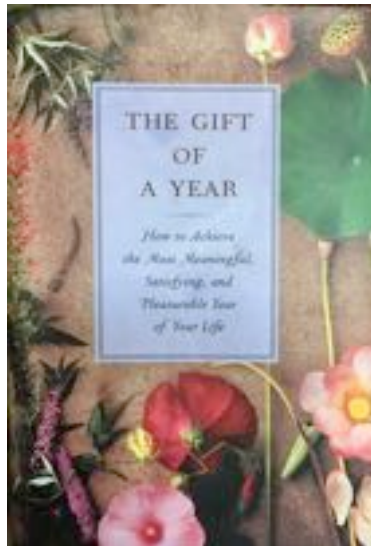
Tel: (860) 233-9897 • Email: hartforduusociety@gmail.com

Website: www.ushartford.org

**Office Administrator's Hours: Sunday through Thursday, 9:00am to 2:00pm,
or email/call for an appointment.**

August 4, 2021

**Building Community Since 1830
Rev. Terry Cummings, Interim Minister**



August 8th, 2021, 10:00am

" Reflections on *The Gift of a Year*"

The Artists Way Group

The Artist's Way, the longest running group at USH, meets weekly to address two basic human needs: our innate creative impulse and our yearning for empathic communion with others. During the pandemic, the group met through Zoom to share their responses to the book, *The Gift of a Year*. Despite experiences of uncertainty and loss, members used their time together to revive forgotten passions and identify new possibilities. The wisdom of the readings and support of one another encouraged each participant to identify a uniquely personal project that could delight and sustain them throughout the year. Several group members will share their creative discoveries with you in the hope that you—too—may discover unexpected aspects of yourself that promise vitality and joy.

**Diane Cadrain, Evan Williams, Maggie Green & Susan Spaniol,
Pulpit Guests**

Sue Smolski, Worship Associate

Sam Moffett, Director Music Ministries

Buffie, Zoom Master & Coffee Hour Host

10:00am Worship Service - Join us in ZOOM [HERE](#)

Closed captions are available.

Meeting ID: 952 8306 7113

Passcode: 014277

**11:00am - [Fellowship Time](#)
will be immediately following services
in USH Zoom.**

Guest Speaker Diane Cadrain

Diane Cadrain is the product of a public elementary school, a public junior high school, a Catholic high school, a public graduate school, and a Catholic law school. Her family of origin was so intensely Catholic that her sister entered a convent and became a nun. Now, Diane and her husband are parents of three daughters, one of whom is an ordained cantor in the Jewish faith. Diane is an award-winning fiber artist and co-president of Connecticut Women Artists.



Guest Speaker Evan Williams



I have enjoyed my first year in the Artist Way group all virtually, and expect to value this group of friends even more off the zoom screen. My early artistic work life of 20 years was spent dancing and choreographing after which I transitioned to work in physical and massage therapy. Now I'm in a creative retirement, spending time with photography, sewing, learning to draw and paint and recently making mosaics. My husband Greig and I live in West Hartford.

Guest Speaker Maggie Green

Maggie Greene, poet, collage artist, reader, and gardener has been a member of Artist's Way since 2006. She credits the group with giving her tons of inspiration and sending her on many mystical journeys.



Guest Speaker Susan Spaniol



Art has always been central to my life as an artist, educator, and art therapist. A former Professor and Art Therapy Coordinator at Lesley University, Cambridge, I now teach art therapy courses at Springfield College. I earned my MFA from Mass. Art at age 68 and have exhibited widely since then. I especially love discovering new mixed media techniques, being at the ocean, and relationships based on authenticity and mutual respect.

Unitarian Society of Hartford is on Vimeo

Unitarian Society of Hartford is also on Vimeo, the home for high quality videos and the people who love them. See more at vimeo.com. Please note that closed captions are NOT available in Vimeo.

The Birth of Artist's Way

Ever wonder how USH came to have the array of 'extracurricular activities' it does? The ever-changing opportunities for involvement in some group, or discussion series, or project, engaging us with like-minded folks to pursue common interests and, yes, develop bonds of friendship and community? Usually, these groups form and develop because *some person...* or a small group... has a deep desire to delve more deeply into an area which enlivens their spirit. They look around, and see nothing which quite fits the bill. And so a new group is born.

This, basically, is the origin story of *The Artist's Way* group — which has been meeting Monday evenings for 10 years or so. When the pandemic hit, the group jumped onto Zoom and kept right on going.

Here's the backstory: we offered, years ago, something called *Small Group Ministry*. These were small (8–10 people) gatherings where we were called to reflect upon readings and share those reflections with the group. (This might sound familiar: these groups are now called *Connection Circles*, and continue to be part of our fabric.)

Many found their participation enriched their lives, but there was also a desire for additional specificity in the readings and/or structure. This brought about, for instance, the "family-friendly SGM".

Along those lines, Diane Cadrain and Marye Gail Harrison (members well-known for their passion for creative pursuits) wished for a Small Group Ministry dedicated to art (and how one might cultivate more artistic... creative... expression in one's life). So — they created it!

The first year incorporated a mix of reading/reflections and what might be called workshops... or playshoes! We drew (even those who 'couldn't' draw), wove, felted, and played with something called Skulpy (sort of a clay modeling medium) and, even if the results weren't quite Louvre-worthy, the joy of creating, experimenting, and banning our inner critic from the room was palpable.

In succeeding years, the group adapted a format of reading a book on creative process (Julia Cameron's *The Artist's Way* was originally used... hence, the name) and, again, reflecting on our own process and experience.

This is one of the consistently strong communities-within-community at the Meeting House, and it came about because two people were inspired to bring it into being. **Zoom in this Sunday, join us for a taste of the influence and inspiration this group has had.**



Sunday Welcome Volunteers

These summer days are racing past. September will be here all too soon... back to actual school for some, the relief of cooler days for others.

At USH, the hope is to return fully to in-our-sanctuary worship, and Fellowship Hall-based "Coffee Hour". To do that, we need those

Welcome Volunteers who previously were so instrumental in greeting members, friends, and visitors, to help them feel at home here.

Were *you* part of the Welcome Team? Or is this something you'd like to try?? If you're new, or haven't been around much lately (and who *has*??),

greeting is a terrific way to meet lots of smiling people and feel an instant connection with the community.

Buffie has developed a SignUpGenius "invite"; where you can easily select dates which work for you. You can be a greeter, an usher, or a welcome table volunteer. The link is below; if you have questions, let Buffie know and the answer will be revealed to you.

See Sign Up Genius Link [HERE](#). Please contact Buffie at hartforduociety@gmail.com for any assistance or additional questions.

RE News You Can Use: Rayla D. Mattson, Director of Religious Education

HELLO USH FAMILY!!

Story time with our DRE - <https://www.facebook.com/UnitarianSocietyOfHartford>

**Rayla D. Mattson, Director of Religious Education
860-233-9897 ext. 104 | ctraylab@gmail.com**

I only check my email on Tuesday, Wednesday and Thursday.

USH Community & Business

Please take note that the next Board meeting will be on August 17th at 6:30pm via [Zoom](#)



Here We Go Again
(maybe...)
(probably...)

One week can feel like a long time, particularly when that week vividly recalls sensations of Covid-19's juggernaut blasting into our consciousness. Remember, back in March 2020, how Sunday the 8th carried a nagging unease... foreboding... menace... ?

Through that week, dire reports flew in. Horrendous details spurred evasive action; one could figuratively (and literally) hear doors slam as businesses shuttered, plans cancelled, office workers and students were sent home, and those fortunate enough to have private spaces dove hastily into their burrows. The USH choir rehearsed Wednesday evening for a planned Music Sunday which did not happen; within hours a decision was made to cancel in-person services and events (in line with state and federal mandates) “until further notice”.

In the week just past, those earlier anxieties echoed as patient counts ticked up. The news was worrisome... dismaying... frustrating. We’d come this far and saw daylight beckoning — and now this. The good news: thanks to the vaccines’ effectiveness we *probably* won’t become (too) ill. The bad news: we *are* able to pass the virus to others.

Recently, it’s been our hope that we’d be starting live-and-in-person gatherings this fall. That may still be possible or — maybe not. We don’t know yet. *No one knows*. September 12 is five-plus weeks from this writing; given the alarming statistics about the Delta variant and its transmissibility, predictions at this stage would be pointless. The crystal ball just isn’t that good. What we *can* do is ensure all CDC and state/local recommended precautions are in place so we — including those of us fully-vaccinated — do not contribute unknowingly to the virus’ further spread. If you come to the Meeting House, please wear a mask, wash your hands, keep your distance. We still hope to return in September, though modifications may be in order. Mitigation strategies have been employed elsewhere, and may be useful for us.

The board will undoubtedly be considering its approach to this apparent setback at the next meeting: Tuesday, August 17, 6:30 pm. You are welcome to [Zoom in](#), hear the discussion, and offer your thoughts. We **will** get through this!



Personal News of the Congregation

It is with sadness in our hearts that we inform you of the sudden passing of USH member, Valerie Klokow, at UCONN this Sunday, July 25th at 4:30am.

More information will be forthcoming, and please keep her son Xavier in your hearts and prayers at this time. Thank you, USH Board and staff~



Village for Families and Children

For the past eight years the Unitarian Society of Hartford has donated to an annual Uniform Fundraiser held by The Village for Families and Children to help families buy the uniforms they need to go back to school. In this difficult time uniforms minimize any feelings of

inequality among the students.

THE FUNDRAISER ENDS ON AUGUST 22nd. Please continue to support The Village for Families and Children by giving to this Fundraiser. No amount is too small, all are appreciated.

Please make your check out to The Unitarian Society of Hartford with ***Uniforms*** in the memo line. **Mail them to Unitarian Society of Hartford, Attention Brian Mullen, 50 Bloomfield, Ave., Hartford, CT 06105**

**Thank you~
Joanne Orlando**



"It Took a Village"

Did you tune in to the *first-ever live-streamed service from our sanctuary??* This is the group of folks who made this possible; who blended a thoughtful and moving worship experience with the technical savvy to capture and stream it, live, on multiple platforms (*Vimeo, Facebook Live, and Zoom*). We would love to know your thoughts and hear your reactions; how

did it feel to see a real live worship service coming from our sanctuary? Send your comments to Buffie at **hartfordusociety@gmail.com**.

(Missing from photo but instrumental to this success: Kevin Girouard, Stu Spence, Buffie)



WEEDERS NEEDED! The Memorial Garden and the Pet Memorial Garden need to be weeded. Can you stop by for 15 or 20 minutes? If you want to weed longer, please feel free to do that! If you have them, bring a bucket and trowel. The weeds can be dumped into the woods beyond the solar array to be recycled. If you are not sure if the targeted plant is a weed or treasure, call one of us on your cell phone (Janice 860/212-6923 or David 860/335-3742) and show us! If you let us know when you plan to weed, we will try to arrange

to join you! The extreme heat and the rainy days have kept us from weeding as much as we would like. Also, when nobody was around last year because of the pandemic, the weeds took advantage of our neglect. In addition, watch the Enews for the announcement of the September Building and Grounds Work-Day when you can join with other USH members and friends to get our building and the grounds ready for our return! **When the families entrusted the ashes of their loved ones to us, we promised to have a serene and well-cared-for resting place.** We need help keeping that promise! If you have any questions, please call us! If you do weed, please let us know so we can thank you! Thank you very much for your consideration of this need!

~Janice and David Newton



Meeting House Sing-Along – August 14, 2021

Contact: Fred Louis (FILouis@yahoo.com) or Ed Savage 860-966-8155 (mobile) (EdSavage03@yahoo.com)

Join us at the next Meetinghouse Sing-Along! Fred Louis and Ed Savage are offering an opportunity to CT Singing families, singers, song-writers and audience members to join in song on the second Saturday of each month from 2 to 5 PM. We will have song-sheets and some loaner copies of Rise Up Singing available.

Bring along your own 'Rise Up Singing' if you have one, as we have used it a lot in other months. We will also use the NEW "Rise Again" sequel – 1200 more songs to sample.

We'll put some chairs in a circle and take turns singing or playing, with those who know the tune or words joining in as they wish. You can come early or come late, whatever fits your family schedule. The UU meetinghouse is at 50 Bloomfield Avenue in Hartford. Some of us bring snacks, but that is not required (or organized) Look for a sign near the door if you can't see or hear us right away. We will be around to the right of the main entrance, down the path to the patio.

We WELCOME Refreshments to be shared !

VAX protocol - OK to sing, socially spaced, if you are vaccinated; masks would probably be a good idea. If you have NOT completed a COVID Vaccination, we ask that you skip the Sing-Alongs for now, to protect you from US.



Summer Worship - "Embracing and Releasing"

Summer worship at USH is lay-led by thoughtful, observant, caring and committed members of our congregation. The theme of "Embracing and Releasing" will bring sermons opening us to contemplation of the array of emotions and insights we have encountered in the many months since March 2020. So much has happened: our lives, our sleep, our

families and friends, the very structure of our days have been affected yet we keep on keeping on.

Most importantly, anticipate creative thoughtful summer worship services led by members of our congregation during July and until Ingathering Sunday in September.

August 8 - Artists' Way Reflections on "The Gift of a Year"

August 15 - "On The Threshold" - Judy Robbins

**August 22 - "Making Peace with the Pandemic" - Margaret Leicach/
Sue Smolski**

August 29 - "Happiness In the Midst of Chaos" - Rob Spector

Sept 5 - "You Can ('t) Go Home Again"- Laurie Kelliher

On July 18th, the worship team was **livestreamed** from our sanctuary using our new equipment for the first time. ***The August 15th service will be livestreamed as well.*** All other services are planned to remain in the on-line format we have been using until Ingathering Sunday, September 12th, when we plan to resume in-person worship at the Meeting House with livestreaming available.

View our most recent services at the links **below**.

July 11th "A Summers day with Mary Oliver"

<https://vimeo.com/575018634>

July 18th "A Requiem; We Are Sorrow, We Are Beauty, We Are Love"

<https://vimeo.com/manage/videos/576411806>

July 25th "How To Have Hard Conversations"

<https://vimeo.com/579091128>

August 1st "Crossing the Edge"

<https://vimeo.com/581796179>

~~ Updated - Sue Smolski, WA Coordinator 2021-23

Email and Listservs to Change

The plan to move our USH Web to a new provider and change staff email addresses to Gmail services is progressing as expected. This will result in fewer outgoing emails not delivered to USH members because of suspicion of spam.

At this point, old ushartford.com email addresses to staff members are being sent to their new or continuing Gmail addresses. This will **not** continue after September 30.

The continuing or new addresses are:

Rev. Terry Cummings revterryush@gmail.com

Buffie Pinney hartforduusociety@gmail.com

Brian Mullen bmullen@ushartford.com

Rayla Mattson ctraylab@gmail.com

Sam Moffett smoffettuu@gmail.com

Dianne Daniels ushinterndd@gmail.com

You can help by recording these addresses in you contacts folder or equivalent and use them going forward.

Submitted by David Newton



Meetings at the Meeting House!
Here's what to do if your group wants to meet in person at USH. The list isn't exhaustive... someone always comes up with some additions... but it'll get us started:

The events calendar on the website is our central hub for all meetings and

reserving space.

Assuming there are conflicts for day, time, and space you wish to reserve, contact Buffie at hartforduusociety@gmail.com and copy Rayla at ctraylab@gmail.com to ensure no rental conflicts

If your gathering includes people participating virtually, arrange with Buffie to reserve one of USH's Zoom links. One of the benefits of the pandemic comes from broadening virtual connections; let's take advantage of this to continue including those unable to be here in person.

At the end of your gathering please tidy up and leave things organized for the next group. (You know... re-set the thermostat; turn lights out; don't leave dirty dishes, etc.)

These basic acts of courtesy and consideration once were second nature and will be so again once we reacclimate. Be gentle with yourselves and with each other, and enjoy being together again.

Programs for Adults and Families



UU SpiritLife

UU SpiritLife offers spiritually-focused programs to members and friends of the three Hartford area UU churches.

Fall 2021 Offerings Include:

Daytime

"Spirituality for UUs" - This course helps UUs to establish and deepen their spiritual lives in a religion without a creed. 12 weekly Zoom sessions; Sept 7-Nov 23; Tues, 10 am-noon with Judy Robbins and Rick Tsukada

Evening - (Either "Living Your Faith" OR "Spiritual Practices for UUs" will be offered, depending on the sign-ups for the two programs)

"Living Your Faith" - participants articulate the tenets of their faith and explore how this faith is manifested in their daily lives. 12 Sessions; Tue: 7:00-8:30 pm; Dates TBD. Zoom with Tom Gervais

-- OR --

"Spiritual Practices for UUs" is a 9-month program in which participants experiment with different spiritual practices to explore how these practices can change how they experience and live life. 16 Sessions; Tue: 7:00-8:30 pm; Dates TBD. Zoom with Tom Gervais

Other Evening Offerings

"Tending Your Spiritual Garden" - participants explore how they might reap the bounty of a soulful spirituality.

2 Sessions; Thu 7:00-8:30 pm; Dates TBD. Zoom with Tom Gervais

"Being a Monk in the World" - finding and living from your inner monastery. Four conversational Zoom sessions, including a review of recent writings on the subject.

First Wed 7:00-8:30 pm; Sept-Dec. with David Gonci

"How Your Former Catholicism Can Expand Your UUism" - Ex-Catholic? No need to drop it all.

8 Zoom sessions on alternate Thurs starting Oct 14; 6-7:30 pm. With Rev Joy Christi Przeworski and Judy Robbins.

For more complete information including registration visit www.UUSpiritLife.org.

Adult Programs:

The USH Book Club: Meets **monthly**, on the **2nd Thursday**, 2:30 – 4:30 pm, via Zoom. All adults in the USH community are welcome. Please contact Ginny Allen at **fiddlenurse1@gmail.com** if you'd like more information or if you want to join. An email with Zoom link will be sent a day or two before the meeting.

20's/30's Group: If you would like to join, please email Tara Cote at **tcote11@gmail.com**.

Disability Support Group:

This group now meets at 10 a.m the first Saturday of each month in a hybrid form - in person at USH and with a zoom option for those unable to join in person. The zoom link is sent a few days prior to the meeting. In this group participants discuss the challenges of physical disability (chronic illness, chronic pain, impaired senses, impaired mobility) and emotional pain (loss, mental illness) and the stresses of caretaking a loved one. What is said in the group stays in the group.

Email **Gloria Bent** for more information at **bentgloria@gmail.com** or call at **860 904-7768**.

Caring Network

From the USH Caring Network: Please inform the Caring Network of needs, or volunteer your services. If you know of any member experiencing some difficulty, please contact **Janice Newton** or any member of the Caring Network so we can provide some assistance. A wide range of community services is also available to those in need by calling the Community Info Line at 211.

News in the Larger Community



It Starts With Faith: Organizing School 2021

The Organizing Strategy Team supports faith-aligned groups to empower leaders, provide training, political education and spiritual sustenance to show up to end oppression and build thriving communities.

This year's Organizing School for Teams was developed in response to volunteers, State Action Networks, and congregations' desire to deepen organizing skills, develop broader networks of folx doing faith-based organizing, and join in the work of our Side With Love campaign. Complete application by July 30th [HERE](#). We are excited to support 20-30 cohorts for this year's organizing school. This program is designed for teams that are currently engaged in social justice work. We are encouraging congregational social justice teams to apply as a cohort. Priority will be given to teams who are based in AZ, FL, GA, KY, MN, NC, PA, TX, and WI. You may apply as an individual. If admitted you will be placed in cohorts based on geographic location. All sessions are recorded and applicants regardless of acceptance into as a cohort, will have access to recorded sessions.

Cohorts will receive up to 10 hours of 1-1 organizing support following the completion of 80% of all sessions.

Sessions will take place on Wednesdays, 6:30-8:30pm ET/3:30-5:30pm PT between Aug. 25 and Nov 3.

Session 1: Orientation

Session 2: Faithful Social Justice: Telling your story

Session 3: Finding Your Role: Building power in faith organizing

Session 4: Building Organizing Infrastructure: Leadership Development and Identification

Session 5: Facing Conflict: Covenant & Transformation

Session 6: Building for a liberated future: Campaigns and program design

Session 7: Partnerships in a pandemic and recovery

Session 8: Growing your impact: Tools for evaluation and growth

Session 9: Meet the Moment: Tactics for Mobilizing Supporters and Contesting Power

Join us to build power towards a world that affirms the worth and dignity of all.

In faith and solidarity,

Nicole Pressley

Field and Programs Director

UUA Organizing Strategy Teams

News from the USH Board of Directors

Your 2020-2021 USH Board

Rob Spector: President

Eve Pech: President-Elect

Bob Hewey: Treasurer

Sarah Harmon McKenzie: Secretary

Peter Meny: Spiritual Life Council Chair

Jon Covault: Administration Council Chair

Dana Donovan: Social Justice Council Chair

Tina Davies: Community Within Council Chair

Rev. Terry Cummings, Interim Minister (ex-officio)

The latest financial reports for **Nov-Dec 2020 & Jan-Feb 2021** have been posted, click [HERE](#) to view.

The Board Meeting minutes for **May & June 2021** have been posted. To view the USH Directory, Reports, meeting minutes and other church business information online, click [HERE](#). Contact Buffie Pinney at hartforduusociety@gmail.com for the username and password.



Lost-N-Found

Does anyone know who this tray belongs to? If so please let me know? I'd like to "adopt" it if I can!

Thank You All~

Buffie

Missed Last Week's Enews? Click Below:

<http://www.ushartford.com/nourishing-spirit/newsletters/>

See Articles and News for USH and the Surrounding Area you may have missed or find a link to the USH Facebook Page [HERE](#).

Please consult our Online Calendar regularly for all upcoming events coordinated by the Unitarian Society of Hartford: www.ushartford.com/events/
To submit a Calendar Request (also for an online USH Zoom Room gathering) click [HERE](#).

To read the USH Blog click [HERE](#).

E-News Contributors please take note: The deadline for USH E-News submissions is Tuesday at 12 Noon. Please include the dates that your submission should be included in the 'Subject' field.

USH Staff:

<http://www.ushartford.com/about-us/staff/>

Rev. Terry Cummings, Interim Minister
terryuu633@gmail.com | 860-233-9897 ext. 103

Dianne Daniels, Intern Minister (half time, through December 2021, & not in July or August)
USHInternDD@gmail.com | 860-233-9897 ext. 109

Rayla D. Mattson, Director of Religious Education and Rentals Manager
dre@ushartford.com | 860-233-9897 ext. 104

Sam Moffett, Director of Music Ministries
smoffettuu@gmail.com | 860-233-9897 ext. 108

Buffie Pinney, Office Administrator
hartforduusociety@gmail.com | 860-233-9897 ext. 100

Brian Mullen, Bookkeeper
Office or Phone by Appointment | bmullen@ushartford.com



Please contact our Office Administrator, **Buffie Pinney**, with any administrative questions or concerns. Buffie is working Sunday through Thursday from 9am-2pm. While the church remains closed, please email at her at [**hartforduusociety@gmail.com**](mailto:hartforduusociety@gmail.com).
Buffie's always happy to hear from you!

The deadline for USH-Enews submissions is Tuesday at 12 Noon.

Email to: hartforduusociety@gmail.com

Please note in the subject line "USH-Enews." Thank you for your submission!

Peace – as we come to the close of the USH-Enews week.

Be kind to others – and to yourself.

Our Unitarian Universalist Principles: The member congregations of the Unitarian Universalist Association covenant to affirm and promote: the inherent worth and dignity of every person; justice, equity, and compassion in human relations; acceptance of one another and encouragement to spiritual growth in our congregations; a free and responsible search for truth and meaning; the right of conscience and the use of the democratic process, within our congregations and in society at large; the goal of world community with peace, liberty, and justice for all; respect for the interdependent web of all existence, of which we are a part. Consider the proposed 8th Principle as well! <https://www.8thprincipleuu.org/>.